

Crispy Skin Baked Chicken Thighs & Simple Slaw

50 minutes

Serves 4-6

Per serving:

580 kcal

38g fat

3.5g net carbs

49g protein

Ingredients:

- 8 large chicken thighs/legs, *bone in skin on*
- Chicken Grill Seasoning (Ms. Dash, Webers, Montreal steak spice, etc)
- Salt & pepper

Slaw:

- 5 cups cabbage, *shredded*
- ¼ cup chopped parsley, *fresh*
- ½ cup mayo
- 2 tablespoons mustard, *yellow or Dijon*
- 1 tablespoon vinegar, *ACV, white, or red wine*
- ½ tablespoon lemon juice
- Salt & pepper

Quick Tips

Webers Kick'n Chicken grill seasoning is my favourite!

Some seasonings don't contain salt so make sure you season appropriately

The rendered fat from the chicken makes a wonderful cooking oil

Preparation

- Heat oven to 375F [190C]
- Pat chicken thighs dry, season with salt, and liberally apply your favourite store bought or homemade grill seasoning to every side.
- Space evenly on a foil lined baking sheet, cook in the oven for 40-45 minutes until the chicken is cooked through and the outer skin is crispy.

While the chicken cooks:

- Shred 5-6 cups of any cabbage using a knife, food processor, or cheese grater. Finely chop parsley and add everything to a bowl.
- In a smaller bowl, mix dressing, add mayo, mustard, vinegar, lemon juice and combine well.
- Add desired amount of dressing to coleslaw, combine well and season coleslaw to taste.

Onion Smash Burgers & Steamed Green Beans

25 minutes

Serves 4

Per serving:

640 kcal

43g fat

6.7g net carbs

50g protein

Ingredients:

- 1 ½ lb medium ground beef
- 1 medium onion, *sliced thin*
- 4 (1 oz) cheese slices

Asparagus:

- 1 bunch fresh green beans, *trimmed*
- 2 tablespoon olive oil
- Salt & pepper

Quick Tips:

Buy cleaned and trimmed green beans to make this even quicker!

These are also great on the grill!

Higher fat ground beef binds together better than lean ground beef

Preparation

- Let ground beef warm to near room temperature. Divide into four 6 oz portions and form roughly into a round puck with your hands
- Slice onions into thin long slices.
- Heat oil in a non-stick or cast iron skillet to medium-high heat.
- Once hot add each portion of meat to the pan, top with sliced onions, and using a spatula, smash or press down on each one pressing the onion into the meat and squish the patty until it's around ½" thick.
- Cook for 1- 1 ½ minutes until browned, flip and brown the other side until cooked through. Add cheese to melt if desired.

Microwave Steamed Green beans:

- Top and tail each green bean if not done so already
- Place green beans in a microwave safe container with a lid, (preferably glass) and drizzle with olive oil, salt, and pepper. Close the lid and shake to coat.
- Microwave at normal settings for 3-4 minutes, and then let stand with the lid closed for 1-2 minutes before opening. Watch the steam, it will be hot!

Sheet Pan Lemon Garlic Salmon & Asparagus

25 minutes

Serves 4

Per serving:

540 kcal

34g fat

5.2g net carbs

50g protein

Ingredients:

- 1 ½ to 2 lb salmon filet or, 4 (6oz) filets
- 2 bunches asparagus, *trimmed*
- 2 tablespoon olive oil
- 1 lemon, *sliced*
- 6 tablespoon butter, *softened*
- 3 cloves (tbsp) garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons fresh parsley, *chopped*
- Salt & pepper

Quick Tips:

Switch up the veggies and create a whole new meal! Broccoli, green beans, peppers, anything!

This recipe also works with trout and other fatty fish

Preparation

- Heat oven to 400F [205C], rack in the middle
- In a small bowl, mash together butter, garlic, lemon juice, and parsley until combined well
- Place salmon skin side down on a parchment lined baking sheet, trim the parchment to fit to avoid burning.
- Wash and trim asparagus to remove the tough bottom portion and arrange asparagus stalks on the pan around the salmon filet. Drizzle asparagus with olive oil, salt, and pepper.
- Spread butter mixture over the salmon. Spoon any extra onto asparagus. Season tray with salt and pepper, and scatter lemon slices throughout.
- Bake for 12-15 minutes until the salmon is just cooked through and tender. Optional: turn on the broiler for the final 2 minutes to give the salmon a beautiful golden brown crust.
- Squeeze fresh lemon juice over the cooked fish and serve

Keto Taco Salad

25 minutes

Serves 4-6

Per serving:

629 kcal

43g fat

9.5g net carbs

45g protein

Ingredients:

- 1 to 1 ½ lb medium ground beef
- 4 tbsp (1 packet) taco seasoning
- 6 cup romaine lettuce, *chopped*
- 10-12 cherry tomatoes, *halved*
- 1 small onion, *red or white, diced*
- ½ cup fresh cilantro, *chopped*
- 1 avocado, *sliced*
- 1 ½ cups cheddar cheese, *grated*
- Sliced jalapeno (optional)

Dressing:

- ½ cup sour cream
- ⅓ cup salsa
- 2 tablespoons lemon juice

Preparation

- Heat skillet or frying pan over medium-high heat and add ground beef. Cook until browned and add in taco seasoning and combine well. Simmer for 2 minutes and set aside to cool slightly.
- In a large salad bowl, combine, lettuce, tomatoes, onion, and cilantro and toss to combine.
- In a small bowl mix together sour cream, salsa, lemon juice, cumin, salt and pepper to make a dressing.
- Portion out salad and top each with taco meat, grated cheese, avocado slices, jalapeno (optional) and a squeeze of lemon juice.

Quick Tips:

The possibilities for salad toppings are endless, so be creative!

Creamy Shawarma Chicken & Cauliflower Rice

60 minutes

Serves 4-6

Per serving:

498 kcal

27g fat

9.5g net carbs

50g protein

Ingredients:

- 8 - 10 chicken thighs, *boneless or bone in, skinless*
- 1 small onions, *finely chopped*
- 3 cloves garlic, *finely chopped*
- 1 tablespoon ginger, *fresh, minced*
- 2 hot green chillies
- 2 tablespoons shawarma seasoning or garam masala
- 1 cup plain yogurt
- ¼ cup heavy cream
- Cilantro, *fresh, chopped for garnish*
- Salt & pepper

Oven Roasted Cauliflower Rice:

- 1 head cauliflower, *riced or grated*
- Olive oil
- Salt & pepper

Quick Tips:

Shawarma seasoning, garam masala, and Lebanese 7 spices are all very similar so use what you can find!

Buying pre-riced cauliflower can be a real time saver, check the frozen section of your regular grocer

Preparation

- Heat oil in a deep wok, pan, or pot over medium heat. Add finely chopped onions, garlic, and ginger to fry until golden brown and slightly translucent (5-8 min). Add water as needed to prevent burning.
- Add hot chilies, and shawarma seasoning, stir to combine with the onions. Cook spices for 30 second to 1 minute until toasted
- Cut chicken to bite sized pieces and add to fry for 5-8 minutes. Once they start to brown, add the yogurt, and heavy cream. Reduce heat and simmer for 20-25 minutes. Stir occasionally.

Oven Roasted Cauliflower Rice

- Rice or grate cauliflower, or use pre-riced. Layout on a foil lined baking sheet. Drizzle with olive oil, salt, and pepper. Bake at 375F [190C] for 30-35 minutes until the top layer starts to brown.

Low Carb Italian Stuffed Peppers

60 minutes

Serves 4-6

Per serving:

657 kcal

47g fat

9.5g net carbs

43g protein

Ingredients:

- 4 large bell peppers, *any colour*
- 1 lb ground beef
- ½ lb (3 large) Italian sausage
- 2 cloves garlic, *finely chopped*
- 1 ½ teaspoons Italian seasoning
- ½ teaspoon red chili flakes
- 1 cup low carb tomato sauce, *such as Raos*
- 2 tablespoon red wine vinegar
- ¼ cup parsley, *chopped*
- 2 cups cheddar cheese, *grated*

Quick Tips:

I like to use my [20 min keto marinara](#) but store bought is great for convenience, check the spice aisle for Italian seasoning, use a roasting pan with a deep edge to help keep stubborn peppers upright!

Preparation:

- Heat oven to 375F [190C]
- Brown ground beef and sausage in a fry pan over medium heat. Once browned add in finely chopped garlic, Italian seasoning, red chili flakes and cook for 3-5 minutes.
- Add in tomato sauce of choice, and red wine vinegar, cook off vinegar for at least 2 minutes. Simmer until the filling has thickened. Remove from heat and stir in fresh parsley.
- Cut peppers in half, top to bottom and clean out each half and place in a foil lined baking sheet.
- Spoon mixture into peppers portioning evenly before topping with a hefty layer of grated cheese.
- Bake uncovered on the middle rack for 30 to 35 minutes until the peppers are tender and the cheese is melted and browned.

Keto Egg Roll In a Bowl

35 minutes

Serves 4

Per serving:

445 kcal

29g fat

8g net carbs

36g protein

Ingredients:

- 1 lb ground pork/beef/chicken
- 3 cloves/tbsp garlic, *finely chopped*
- 1 small onion, *sliced thin*
- 1 tablespoon ginger, *minced*
- 1 tablespoon sriracha or sambal oelek
- ¼ cup soy sauce, *dark is best*
- 16 oz (6-7 cups) shredded cabbage or coleslaw mix
- 1 tablespoon sesame oil
- 1 large egg
- 2 stalks green onion, *thinly sliced*
- Sesame seeds
- Salt & pepper

Quick Tips:

This recipe works great with all kinds of ground meat!

Coconut aminos can be used in place of soy sauce!

Tamari, oyster sauce, fish sauce, carrots, are all great additions to this recipe!

If you aren't using coleslaw mix add some shredded carrots or onions for some extra flavour.

Preparation

- In a large wok or skillet, brown pork, beef, or chicken until cooked through. Season to taste. Add sliced onion, garlic, and ginger, cook for 2 minutes.
- Add sriracha, soy sauce, and cabbage and fry for around 3 minutes until cabbage is tender. Add sesame oil and fry for an additional 2 minutes. Add water or broth if needed.
- Make a well in the mixture and crack the egg into it. Scramble with a spatula until cooked through and incorporated into the mix. Salt to taste
- Serve garnished with sliced green onion, sriracha, soy sauce, or sesame seeds.

Keto Pepperoni Pizza

35 minutes

Serves 4

Per serving:

500 kcal

37g fat

9.5g net carbs

23g protein

Ingredients:

- 18-20 slices of pepperoni or salami
- ½ cup low carb tomato sauce, *such as Raos*
- 1 ½ cups mozzarella cheese, *grated*
- 1 cup cheddar cheese, *grated*
- Parsley, *chopped*

Keto Pizza Crust

- ½ cup almond flour
- ½ cup coconut flour
- ¼ cup psyllium husk, ground
- 1 teaspoon baking soda
- ½ tsp salt
- 2 tablespoons vinegar, *white or ACV*
- ¾ cup warm water

Preparation

- Heat oven to 375F [190C]
- In a large bowl combine almond flour, coconut flour, psyllium husk, baking soda, and salt, combine well.
- Add vinegar, and warm water, combine well and let rest for at least 5 minutes. This is critical.
- Roll dough into a ball and squish between 2 pieces of parchment. Use a rolling pin to flatten dough until it's about ¼" [6mm] thick. Use your fingers to pinch/form a nice edge.
- Bake for 8-10 minutes, remove to cool.
- Spread sauce over partially cooked crust, and top with pepperoni, other desired toppings and cheese.
- Bake at 425F [220C] for 12-15 minutes, until the cheese is melted and just beginning to brown. Remove and let the pizza cool before cutting.

Quick Tips:

Letting the cheese cool before cutting will keep the pizza from looking like a mess.

Any keto pizza dough can be used if you prefer such as keto fathead dough.

Pan-Fried Chimichurri Steak & Roasted Brussels Sprouts

25 minutes

Serves 4

Per serving:

550 kcal

43g fat

5g net carbs

33g protein

Ingredients:

- 1 ½ lb flank steak or 4 (6oz) beef steaks
- 4 tbsp butter
- 1 lb brussels sprouts, *ends trimmed and halved*
- Oil
- Salt & pepper

Chimichurri

- ½ cup cilantro, *fresh, chopped*
- ½ cup parsley, *fresh chopped*
- 3-4 cloves garlic, *finely chopped*
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- Juice of 1 lemon or 2 limes
- Salt & pepper

Preparation

- Heat oven to 400F [205C].
- Remove the tough woody ends of each brussels sprout and cut in half. Drizzle with olive oil, salt and pepper, toss to coat.
- Spread evenly on a foil lined baking sheet and bake for 30-35 minutes, until the brussels sprouts are tender and just charred on the outside

Steak

- Heat oil in a pan or cast iron skillet until smoking hot. Bring steak to room temperature then season liberally with salt and pepper.
- Once hot, sear steak for 2-4 minutes on each side depending on thickness.
- Melt butter over steak and baste each steak by spooning on melted butter from the pan. Cook until internal temperature hits 130-140F [55C], remove and rest tented in foil for 5 minutes (this is important!)

Chimichurri

- Add all ingredients to a mortar and pestle or food processor and crush/chop until broken down to desired consistency. Season to taste.

Quick Tips:

Cook steak until desired doneness. The instructions here are for a medium rare on a 1" thick steak.

This is a great recipe for grilling!

Herb Crusted Chicken Thighs & Cauli Rice Pilaf

60 minutes

Serves 4-6

Per serving:

643 kcal

43g fat

7.8g net carbs

51g protein

Ingredients:

- 8 large chicken thighs, *bone in skin on*
- $\frac{1}{4}$ cup olive oil
- 1 tablespoon rosemary, *dried*
- $\frac{1}{2}$ tablespoon oregano, *dried*
- $\frac{1}{2}$ teaspoon dried chili flakes
- $\frac{1}{2}$ tablespoon garlic powder
- $\frac{1}{2}$ tablespoon onion flakes
- Salt and pepper

Quick Tips:

Check the frozen section of your regular grocer for pre-riced cauliflower

Some grocers even have it freshly riced in house

Cauliflower Rice Pilaf

- 1 head cauliflower, *riced*
- 1 small onion, *diced*
- $\frac{1}{4}$ cup butter
- 1 large red pepper, *diced*
- $\frac{1}{2}$ cup mushrooms, *sliced*
- 2 teaspoons chicken bouillon
- Salt & pepper

Preparation

- Heat oven to 375F [190C]
- Pat chicken dry and lightly rub with olive oil and salt well. Combine rosemary, oregano, chili flakes, garlic powder, and onion flakes for the seasoning and use it to coat each thigh liberally.
- Spread evenly on a foil lined baking sheet. Bake for 35 to 40 minutes until the chicken is cooked through and the skin is crispy.

Cauliflower Rice Pilaf

- Rice cauliflower with a food processor or cheese grater. Slice onions thin, and dice red pepper.
- Melt half the butter in a pan over medium heat and saute onions, red pepper, and mushroom until softened.
- Add cauliflower rice, butter, and bouillon and continue to fry until cauli rice is tender. Season to taste and serve!



I really hope that you enjoy cooking your way through these 10 lazy keto meals.

These are just some simple meals I find myself whipping together more often than not, and they have been very helpful to me over the years I have maintained my keto diet.

If you are looking for some more keto recipes be sure to visit www.yummyforadam.ca where I post elevated everyday keto recipes!

**I want your feedback on these 10 meals!
What did you like? What was difficult? What do you want to see more of?**

What can I do for you that will help you stay on your diet just 1 meal longer?

[Contact me](#) or find me on social and let me know!

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And please do not hesitate to share these recipes with anyone else who could use them!